DOCUMENT RESUME

ED 279 926 CG 019 734

AUTHOR Potts, Frank L.
TITLE Finding the Right Therapist.
REPORT NO ISBN-0-929113-001
PUB DATE 83
NOTE 84p.
AVAILABLE FROM Seal Publications Ltd., P.O. Box 3330, Station 'B', Fredericton, New Brunswick, Canada E3A 4V9 ($5.00 plus $1.00 postage and handling, discount on quantity purchases).
PUB TYPE Guides - General (050)

EDRS PRICE MF01/PC04 Plus Postage.
DESCRIPTORS *Counselor Characteristics; Counselor Qualifications; *Decision Making; *Drug Use; *Individual Needs; *Psychotherapy; *Therapists

ABSTRACT

This handbook was written from a natural, non-drug oriented approach to psychotherapy and counseling and is intended to help individuals in selecting a therapist. The role of counseling and psychotherapy is described, possible benefits from therapy are listed, and characteristics of good therapists are considered. Developing a list of potential therapists, making initial contact with a potential therapist, and a first interview with a therapist are described. One chapter presents brief case examples to illustrate the range of work that can be done by therapists. Other chapters examine the uses and abuses of drugs and list questions and answers about therapy. (NB)

****
* Reproductions supplied by EDRS are the best that can be made *
* from the original document. *
****

COPIES DESIGNATED TO
FRANK L. POTTS

U.S. DEPARTMENT OF EDUCATION
Office of Educational Research and Improvement
EDUCATIONAL RESOURCES INFORMATION CENTER (ERIC)
This document has been reproduced as received from the person or organization originating it.
Points of view or opinions stated in this document do not necessarily represent official OERI position or policy.

CG 019734

FINDING THE RIGHT THERAPIST

"PERMISSION TO REPRODUCE THIS MATERIAL HAS BEEN GRANTED BY
Frank L. Potts
TO THE EDUCATIONAL RESOURCES INFORMATION CENTER (ERIC)."

By Frank Potts, M.Sc., M.Ed.

2

About the Author

Frank Potts is a therapist in private practice in Fredericton, New Brunswick, Canada. Mr. Potts is a graduate of Bradley University, Peoria, Illinois, U.S.A. and the University of New Brunswick, Fredericton, New Brunswick, Canada. He holds graduate degrees in Education and Psychology.

Frank Potts' approach to psychotherapy and counselling is natural and non-drug oriented.

FINDING
THE RIGHT
THERAPIST

By FRANK POTTS, M.Sc., M.Ed.

SEAL PUBLICATIONS LTD.
P.O. Box 3330
Station "B"
Fredericton, New Brunswick
E3A 5H1
Canada

4

Canadian Cataloguing in Publication Data

Potts, Frank L., date
Finding the right therapist

ISBN 0-929113-00-1

1. Psychotherapists. 2. Psychotherapist and patient. 3. Psychotherapy.
I. Title.

RC480.P68 1983 616.89'14 C83-090112-4

Finding the right therapist

© 1983 by Seal Publications, Fredericton, N.B. All rights reserved. No portion of the book may be reproduced in any form without written permission of the publisher.

Printed in Canada.

BY CENTENNIAL PRINT & LITHO LTD.
FREDERICTON, N.B.

Acknowledgements

I wish to express my special thanks to the friends I have met while on the journey of life.

A friend becomes part of a writer; therefore part of what he writes. Friends are people who give you a good feeling when you meet. Friends are people who don't waste time depreciating or judging other human beings. My friends love, care, accept and respect me as I am.

They don't try to control or manipulate, they let me Be. We give and receive in an easy way. I would like to thank Richard Pederson and Laura Anderson for becoming part of this book. Especially Laura for her beautiful poetry.

Thanks also to Gary Flinn for his technical advice.

TABLE OF CONTENTS

DEDICATIONS

INTRODUCTION

CHAPTER 1	I Believe	7
CHAPTER 2	Therapy and Counselling	10
CHAPTER 3	Negative Forces	14
CHAPTER 4	Searching	18
CHAPTER 5	Making Contact	24
CHAPTER 6	First Interview	26
CHAPTER 7	Actual Cases	30
CHAPTER 8	Drugs — Drugs — Drugs	50
CHAPTER 9	You Have Symptoms for a Reason	56
CHAPTER 10	Dis-ease = Disease	59
CHAPTER 11	Questions and Answers	63
CHAPTER 12	Laura	69
CHAPTER 13	Verse — Poem — Saying	76

DEDICATIONS

One evening while I was writing this book, a little 12-year-old blue-eyed girl came and sat on my knee.

She said: "What are you doing, Dad?" I replied: "Writing a book."

She thought a minute and then said:

"Dedicate the book to me, Dad."

Finding the Right Therapist is dedicated to:
Stacey Lynn Potts — my blue-eyed girl
Angela Leigh Potts — my brown-eyed girl
Dean Leslie Frank Potts — my son
Florence Marion-Jagoe Potts — their mother;
also to

Dr. Walter J. Watts — University of New Brunswick, Fredericton, N.B., Canada: Teacher, Colleague, Psychologist and a friend, who believed in me.

and

To the lady who gave me the golden book.

In memory of my father, Roy F. Potts and to my mother, Lena Mary Potts, who gave me life.

Frank L. Potts
Fredericton, New Brunswick
Canada
1984

8

INTRODUCTION

Part I

Born to Heal

Where is the life
who is born to heal,
that can understand
the way we feel.

That condemns us not,
nor muffles the cry.
That can feel the pain
of the inward sigh?

Where is this person
who can see
the hidden child
in you and me?

Who can reach out
and touch the mind,
give the release
we long to find?

Healing comes
in a special way,
a gift well used,
few can display.

But therapy found,
combined with art,
brings healing to
the inner heart.

Laura Anderson
Fredericton, N.B.
Canada

Part II

One of the major reasons people suffer from a great deal of physical and mental illness today is because they have not found the help they need. The foregoing poem expresses the importance of finding the right therapist.

There are many reasons people do not find the kind of help suited to their needs. Here are a few of them:

1. They are unable to recognize their most important assets and inner needs.
2. They have been mislead by professionals and advertising.
3. They have no simple guide to follow in finding the right individual to provide the help they need.

This handbook shows individuals a path to follow and provides an opportunity to make a wiser choice for living. It builds a road to better physical and mental health.

It can help in many ways, and the results achieved can bring a happier, healthier and more successful life.

To receive help, individuals must have the motivation and courage to take the ACTION PRESCRIBED.

It will take time, money and personal effort. For this effort, the reward will be better health and the freedom to grow closer to one's real potential.

1

I BELIEVE

1. Next to nuclear destruction, drugs and chemical use are the greatest enemies of mankind today.
2. People should be cautious of anyone who is quick to recommend drugs, who cannot provide adequate consultation, or who does not really listen or hear what the individual is trying to communicate.
3. Drugs are popular in society today because a large segment of the population see them as socially acceptable. Many are encouraged by peer pressure. Drugs are also presented to us through various media as desirable and life-enhancing; nothing could be more untrue. Those in-

volved in the legal and illegal drug trade make huge profits.

4. Individual growth and development, along with freedom of choice, has been greatly reduced by a system that discourages individual initiative and programs people into unhealthy life styles. **Society places a focus on material things and competition at the expense of spiritual, physical and mental health.**
5. Good mental and physical health can be provided through natural processes, without recourse to drugs.
6. **Therapy and counselling are the best overall natural means of improving the human condition and the society itself.** Since the beginning of time, mankind has always sought **WISE** counsel. Man has also sought sources for healing the mind, body and spirit.
7. WISE treatment allows us to reach higher levels of consciousness which are not available by other means alone. Proper therapy allows *healing*

energy to flow through us to make us well and improve our human condition.

8. Therapy and counselling can *de-program* the mind from negative *thoughts* or *feelings*. The right therapy will allow you greater opportunity for health, happiness and personal growth.
9. **In every profession, just as in every trade, there are the truly gifted. Titles and degrees mean nothing when compared with God-given gifts.** *Good therapists have been given the gift to heal.*
10. Searching for help is a difficult task. You have to be sincere, well motivated and capable of choosing the right person. You must go through a maze of medical doctors, psychologists, social workers, clergy and lay people, who are active in therapy and counselling.

Frank Potts
Fredericton, New Brunswick
Canada. August, 1983.

2

THERAPY AND COUNSELLING

Therapy and counselling cover a large spectrum of activities: spiritual, financial, marriage, family, career and psychological counselling to name a few. Therapy may come in many forms: Client Centred, Rational Emotive, Primal, Transactional Analysis, Reality, Behavioral and Hypnotherapy are just a few.

Because of its complexity and interrelationship, it is critical to find the right therapist, one who can provide the right type of counselling and whose program of therapy is one to which you can relate.

Shop Carefully for the Right Therapist/ Counsellor

Counselling involves as much, if not more, active participation by the client

than the counsellor in the initial stages. *The individual is the expert on the subject of himself.* The counsellor must be able to listen, sense and hear what his client is trying to communicate more than offer counsel itself.

As a therapeutic relationship develops, so does the level of activity by this counsellor increase. Examination of symptoms, thought patterns and life styles is started. Active intervention is agreed upon in cooperation with the client and a start is made toward behavioral changes for a happier and healthier life style. Relaxation procedure and hypnotherapy are used, if required. Sometimes people respond well to supportive counselling and talk therapy without further therapeutic procedures.

A good therapist provides what the client needs — no more, no less.

The successful therapist must have the wisdom to know just what to provide at any given moment. Therapy is a dynamic process.

It is said that many play the violin, but *few* play it well. As timing, a good ear, and skill are important in music, they are critical in therapy. In my opinion, therapy is more art than science.

Therapy and counselling are a healing art.

Therapists or doctors without the art of healing are lost souls who usually rely heavily on drug treatment.

The gifted musician plays beautiful music, the gifted artist paints treasured pictures, the gifted writer and poet write meaningful words. The gifted therapist helps people become healthy, happy and successful.

A gifted therapist succeeds where others fail.

Therefore, if you have had therapy and it has not worked, keep looking. The problem is you have not found a gifted therapist.

All gifted people have both fans and critics. Fans are usually those who ap-

preciate good talent; critics of good works are usually those who are resentful, jealous, not gifted.

3

NEGATIVE FORCES

A lady called as this book was being written. She wanted to thank me for the benefits she felt after our last session. As I talked with her, the title for this chapter came to me. She related how recall of past memories had set her free of tension. The nervous tension started as a child and plagued her for over thirty years.

Negative forces are those which do harm to our mind and body. They come from many directions and in many forms: so-called 'friends' or relatives who make you feel badly; from the mass media which gradually erodes our free choice through advertisements and commercials; or from negative memories, conscious or unconscious.

Most magazines carry at least one full page showing smoking and drinking in a desirable situation. The people projected to us are all beautiful, healthy and wealthy. The alcoholic with his bottle is not welcome in this sophisticated presentation, nor is the cancer patient with his or her pack of cigarettes.

What an impact it would have, if some concerned citizens purchased a full page in a national magazine, showing a person suffering from alcohol or tobacco poisoning.

Would it not be more appropriate to show a wine being taken in a church sacrament? Substitute the beautiful male or female, mansion, car, pool or whatever for something of spiritual substance. In other words, put people, not things, in a picture where something of lasting value and beauty is expressed. Alas, who would pay for such advertisement?

The constant bombardment by media, under the guise of enlightenment, is

producing greater and greater numbers of automatons or sleep walkers in society today. People who have given up their freedom of choice without being **aware** of the fact that it is happening to them.

Big business has always been aware of the possibilities of programming the public's subconscious. This has been given a harmful impetus in the twentieth century by radio and t.v. We now have a society with a larger percentage of drug using robots than ever before. Many medical doctors and therapists are caught up in the drug craze. This is evidenced by the number of professionals who smoke, drink too much, become involved in legal and illegal drug use. **Productivity is down, drug use is up, and the prisons and hospitals are full. Our society is a mess and we ask WHY?**

Ten years ago I successfully treated a lady who was placed on analgesic by the name of Anileridine. Anileridine or Leritine, as it is sometimes called, has a potential for addiction equal to that of

morphine. The drug was prescribed by a physician for post-operative lower back pain. The lady became addicted for seventeen years.

During her years of addiction she had been on a constant search for help. The addiction was beaten by the two of us through twelve months of therapy. Her back pain and insomnia were also cured. Success was achieved because she did not give up, she kept searching for the right therapist to help her.

Unfortunately negative forces come from both past and present. Your therapist must have a good understanding of this fact if you are going to get the help you need. Your personal search for the right therapist is very crucial, as you can see.

Bringing the case of the lady with the addiction to a successful conclusion required releasing past trauma and dealing with the present problem — the addiction. Releasing psychic and physical pain is common in successful therapy, in my experience.

4

SEARCHING

You have just shared in the happy conclusion of a seventeen-year search. People looking for help for themselves or someone else, should gain some hope from this story. Finding the right therapist is similar to finding diamonds or gold — it is not a simple task.

My experience has proven to me that most people prefer to get help on a quiet, confidential basis. They are searching for a competent person they can trust. A person with whom they can dare be themselves, one who is not quick to judge and who provides a comfortable environment for the therapeutic relationship to develop.

Degrees and licenses do not always deliver what the consumer needs.

Professionals have been influenced and persuaded by drug advertising just like the public. They too, are human and can become brainwashed. They are not as free thinking and wise as many believe.

Therapy and counselling provide an opportunity to avoid the drug trap.

Therapists and counsellors come in all shapes, sizes and abilities, just like mechanics. Any wise motorist will tell you he always searches out the person with mechanical skills, who gets the best results. The wise motorist is going to ask another motorist, who had his car fixed, whether he received good service. He is not necessarily going to ask the mechanic himself.

From experience I have found that when we rely too heavily on professional advice at the expense of our own feelings and free choice, we get into trouble.

To take this process further, suppose you are looking for a hair stylist. One of the first places you would start is your telephone directory. From this source you would select a few stylists who looked right for you. Next you would probably check with some friends. You would also appreciate that among your friends, there are those who may consider any job well done, and those who are impossible to satisfy.

In the final analysis, you, and you alone, are going to be the judge of the skill of the stylist. That is, of course, if you don't give up your free choice. Most likely you will try several shops before you make your decision to go to a particular stylist.

When you consult your phone book, you will find your search for counselling and therapy much more complex. You will find people listed under counselling, family or marriage, mental health, clergy, psychiatrists, under physicians and psychologists. For example, some may

simply list their name: such as, Mary Smith, B.A.

To be entitled to be listed as a psychologist in New Brunswick at the present time, you must have a graduate degree in psychology and be licensed by the College of Psychologists in New Brunswick. This should be noted, because under these rules we could have excellent therapists with graduate degrees in psychology, who are not listed as psychologists because they are not paying a license fee, or have not been accepted by this group.

Professional organizations are quick to react to criticism by stating that licenses protect the public. Nothing could be further from the truth. All the general public needs to do is to look at the amount of litigation against licensed professionals; also, the high failure rate experienced by licensed mental health professionals.

When I got a license as a teacher, it did not make me a better teacher — just

a licensed teacher. As there are many excellent teachers, there are licensed people who should never be in charge of children.

Licenses can and do lead to abuses of the public and professionals. The government and private insurance schemes are often persuaded to support a select group of therapists, such as psychiatrists and licensed psychologists, to the exclusion of all others, such as graduate psychologists and social workers.

It is disturbing to think that we have a situation where very good therapists are being denied financial support because of abuse of powers or professional game playing.

Government, unions, and insurance companies can do something about this abuse by allowing people to go to the therapists of their choice. This can be done by recognizing the individual's qualifications and, more importantly, their ability to get good results; for these reasons you must look under other list-

ings to find graduate psychologists and social workers, for example, who are therapists.

Always remember you are looking for results and trying to stay away from drugs if possible. So, don't be blinded by labels or degrees. Be prepared also to go beyond your own city, province, or state boundaries in order to get the help you need.

Take time to discuss the fact that you are searching for assistance. Talk with others who have received help. After you have done this, list about three or four therapists you feel may be right for you. The next objective is to interview the people on your list.

This may seem strange at first; however, **it is very important for you to exercise your greatest power, your power of free choice.**

5

MAKING CONTACT

Now that a list has been made, call the therapist who looks best. Explain that an appointment is desired. The receptionist or therapist may wish to call back. If so, provide contact numbers and the best times to be reached. A call will usually be returned in a few days. If the call has not been returned in a reasonable time, keep calling until an appointment is made.

Don't get into any detail on the phone or ask a lot of questions. The interview is the place to ask your questions.

It is proper to ask, by phone, for the rate of fee for an initial visit. The therapist may or may not ask for a statement of your problems. If you are asked to state

a problem over the phone, and you feel comfortable doing this, state it briefly.

If directions to the therapist's office are required, feel free to ask. You should arrive about 5 to 10 minutes before an appointment. It is bad manners to arrive a half hour early or to arrive late. Therapists in private practice schedule to provide maximum privacy. Lack of respect for time schedules interferes with this process.

Not keeping an appointment is one of the worst things clients can do. If you do miss an appointment, it is proper to pay for the therapist's time. When an appointment is missed, time is wasted, salary is given up, and other people seeking help go without.

6

YOUR FIRST INTERVIEW

Feel free during your first interview to ask the therapist any questions about his or her training or qualifications. This should not be done over the telephone. A face-to-face meeting is the best way to get to know the therapist.

During the interview get in touch with your feelings. What are your instinctive feelings about this person? Do you sense he can really help? Note his or her physical appearance. Is the therapist overweight? Addicted to tobacco?

Give the therapist information about your problem or problems. He may ask you questions at this time. To the best of your ability answer them fully and accurately.

By the end of the interview, the therapist should be able to tell you whether or not he/she can help you. The initial interview should take at least half an hour. Be wary of professionals who will close the interview after only 10-15 minutes.

Get other opinions if you receive a written prescription, especially if it is for tranquilizers. Don't let anyone persuade you that tranquilizers are not psychologically addictive. Tranquilizers are addictive! Most drugs also have negative side affects.

Don't let anyone brush you off. *A symptom is a warning. Find out what is wrong and get it corrected.*

If you like what you feel, see and hear on the first visit, you may wish to make a second appointment. If it does not feel right, thank the therapist for his time, settle the account and move on to the next therapist on the list. Continue this process until it feels right for you.

Once you have chosen a therapist, remain with him/her for at least a dozen

sessions. The number of therapy sessions will depend, of course, on the nature of the problem. Some problems are resolved in a few interviews; others may take three to twelve months. Even in highly complex cases, you should see very concrete results in a few months. If you don't, it is time to look for another therapist.

Psychotic conditions — depression, addictions and agrophobia, for example — may take a few years to respond to psychotherapy and counselling. **I believe this is preferable to warehousing people in institutions or making them life-long drug dependent. Almost invariably, drugs have many adverse side effects. This is especially true of drugs commonly used to cover up symptoms of depression or nervousness.**

Less complex problems, such as the common phobias of flying, dental work, or injections can be overcome in a matter of a few months of weekly visits.

Many so-called "medical problems"

can also be cured over three to six months. These are usually stress-related. They would include, for example, headaches, neck, back and shoulder pain, nervousness, insomnia and many others with no organic cause. Of course the time frame suggested for therapy is only a guideline. Every individual responds at a different pace.

It is well known that many minor stress-related problems, if left unchecked, can result in an ulcer, coronary, suicide or surgery.

At the end of the interview, you will normally know whether or not you have found the right therapist. You will have sensed an understanding person who knows what to do; a person with whom you are at ease and in whom you feel confident.

7

ACTUAL CASES

The purpose of this chapter is to present you with the range of work that can be done by way of case illustrations. Many people accept nervous disorders, headaches, backache, phobias, sadness, failure, etc., as a part of life. This is a false premise.

Case 1

. . . Neck, Shoulder and Back Pain

A contractor came to my office asking if I could help relieve his neck and back pain. Not being a medical doctor and realizing there might be a growth or physical injury involved, I inquired if he had been examined by a physician.

He explained that no disorder had been uncovered from a physical examination. It was clear, however, that a great deal of neck, shoulder and back pain was being experienced. The subject had suffered from this pain for a number of years. When asked what had been done for relief, he said he had been to a chiropractor who had given him relief from the constant pain. He wished, however, that he could get rid of the pain forever or at least for longer periods of time.

He was told that people in many occupations suffer from such pain because of stress on the physical and nervous system. To release the tension, a treatment program was needed to relax both his mind and body.

As the therapy program progressed, the subject reported that he was drinking less alcohol, enjoying himself more, and experiencing less frequent neck, shoulder, and back pain. After about four months of treatment on a one session

per week basis, he reported that the pain had vanished.

The subject was told that the pain might return at a later date as the result of additional accumulated stress. If the pain returned, he was to call and continue with a few additional sessions. That was about a year ago at this writing. There has been no requirement for further treatment.

Case 2

Dental Phobia — The Richard Pederson Case

Richard Pederson was a co-worker of mine at the Department of Justice. At times staff as well as inmates would find their way to my office for help.

Dick had experienced a very bad dental procedure at an early age and had become phobic or fearful of returning to a dentist's office as an adult.

Using hypnosis as a treatment procedure, I brought Dick in closer and

36

closer contact with the dental work that he would be required to face. After about three months, he was ready for his first dental appointment. The dental procedure was carried out with no problems and additional appointments were made for the rest of his dental work.

Dick was so grateful that he told me to tell others so they could also receive help. I agreed and my promise is now being kept.

An interesting aside to this case, was the release Dick experienced from a long-standing psychological tension, about a hand which had been burned in an *industrial accident*.

It is not generally recognized that when the body becomes injured, it usually programs the pain from the injury. That is why it is quite common to hear people talk about an old knee injury or shoulder injury acting up. Hypnosis releases or de-programs this physical tension or nervous energy if it is carried out in the appropriate manner.

When the past physical or psychological pain is finally released, it allows blocked body and mind energy to flow freely again. This is important because this freedom of blocked mind and body energy can be used in future self-healing. It can also allow creative energy to flow as well.

I believe that all people who have suffered from injury, including war veterans, need to go through a process of physical and psychological healing.

Physical and psychological pain needs to be taken out of the system. If the pain is not taken out, the human system may go on overload and get physically or mentally ill. Worse still, an individual may **'burn out'** and have a heart attack or commit suicide.

Case 3

'I Want To Die! I Don't Know Why'

This is the story of a 15-year-old boy who was incarcerated at the Youth Train-

ing Centre, Kingsclear, N.B., where I worked in the early 1980's.

This boy was suffering from what is clinically called an "anniversary reaction." On a specific date each year he would go to the Reversing Falls Bridge in Saint John, New Brunswick. When he got to the bridge there was a strong impulse to jump to his death. It was an impulse he could not understand. As he related his story, I asked if he had ever seen anyone for his problems in the past. He told me that Dr. John Stanley, a child psychiatrist had helped him a lot in the past four years.

When I was a graduate student, I had met Dr. Stanley and was impressed by his concern for others.

With the boy's permission, I called Dr. Stanley and told him I wanted to use hypnosis with Dean (not his real name) and attempt to find out what was causing the strong suicidal impulse. Dr. Stanley gave me some background and encour-

aged me to attempt to unravel the mystery.

It appeared that Dean had been involved in street gangs. Dr. Stanley had been gradually helping him develop communication beyond their negative influences. Although I had a boy with a big problem, I also had a boy who had above average intelligence; a boy who also had experienced the benefit of therapy and wise counsel. Dean and Dr. Stanley had developed what we call a good therapeutic relationship.

I worked on the problem for about three or four months. Before I got the answer, Dean was released from the Training Centre. Some reports came to me that he was still a respected member of the street gangs, but not as active as before.

Eventually, Dean returned to the center again under very strange circumstances. It appears that he had gone to a social worker and told the social worker he needed more help. Dean asked to be

returned to the Youth Training Centre for his own protection. The social worker helped him return. You can imagine the surprise to the staff and other boys at the centre, to have a boy requesting to be jailed. This type of thing just doesn't happen as a rule. When Dean came to my office, he told me the story. He was drifting back with the street gangs; he also feared he would take his life by jumping off the bridge.

We continued our counselling and therapy sessions until one day through hypnotic regression we returned to the bridge. As though a light went on, he said:

"I want to join _____he jumped and drowned."

Therapist: "You want to join him in Heaven."

Dean: "**Yes, that's it.** I want to be with him in Heaven. I just feel so alone."

We found that locked deep in his subconscious was the reason for his *death*

wish. Dean wanted to join someone who was close to him who had committed suicide by jumping from the same bridge. His subconscious mind believed that he should also jump from the very same place in order to be united.

The subconscious can cause illness; it can also cause death by over ruling the conscious mind.

The conscious mind had no awareness of the origin of the death wish nor the cause of the impulse toward suicide.

Case 5

Bill is talking to the Ground Hog

On April 4, 1977, I joined the Department of Justice Corrective Branch as a Psychometrist III. This was before I was transferred to the Youth Training Centre, Kingsclear, New Brunswick.

In order to keep our hand on the pulse of the institution, it was the prac-

tice to have our Correctional Officers write brief comments on the situation of individual inmates. It was part of my procedure to read all the comments in the books in order to assess our position at any given time. This would allow treatment staff to follow the progress of individual inmates, and take steps to prevent any bad situations before it was too late. The process worked well and there was never a major riot or serious harm done to any inmate or staff in the two years I was at the institution.

One morning when the notebooks came in, there was a note that suggested strongly that Mr. Potts see Bill. It was noted that Bill would stand in the window and talk to the ground hog who made a daily visit outside his window.

It was obvious that the reporting officer was concerned that Bill had become psychotic or crazy.

The social worker saw in this an opportunity for some humour. She wrote: 'It will not be necessary for Bill to see

Mr. Potts until the ground hog talks back."

Bill had already come to my attention as a hard-working, intelligent individual who wanted to better himself. Rev. George Hatton had also taken a personal interest in Bill. Bill and I had many long talks in which I did most of the listening and he did most of the talking. He shared with me his desire to manage a business and find a good woman who would help him turn away from his past activities.

A few years later I was to meet Bill in a public place. He came over and shook hands. I asked him how he was doing. Bill said he was doing just fine. He was now the manager of a local branch of a large company and had married the nurse he had met prior to coming to prison.

Of course Bill is not his real name, but the rest of the story is the way it was. Unfortunately, not all stories involving prison life have such a happy turn of events.

Case 6

Tranquilizers and Alcohol Trigger Armed Robbery

One day as I was going over the files of incoming inmates, I was struck by a report of a man who had robbed a gas station. Usually there is a progression from petty theft with assault to more violent kinds of crimes. In this case, it was his first and only crime.

Pierre (not his real name) was a married man with a family. There had been no previous convictions. He was what we called a first offender.

With first offenders you usually have a much better chance for rehabilitation than with repeaters. When I first interviewed Pierre, I found him to be very nervous and depressed. He could not understand how he could have done anything as crazy or stupid as armed robbery.

Pierre was facing two years in prison and separation from a wife and a family

he cared for dearly. Therefore, he was having great difficulty facing his sentence. My first concern was fear that he would take his life because of the depression. If I couldn't lift the depression quickly, I had decided I would ask the medical doctor to provide an anti-depressant.

Realizing that over 90% of our inmates were addicted either to alcohol or drugs and over 90% used tobacco, I resisted drug use whenever possible.

Fortunately, Pierre had a good attitude toward therapy. It was arranged that he join our maintenance crew so that access to my office would be easier. Over this critical period, I saw him every day. Within a few weeks of daily visits the depression lifted.

Pierre then began to tell me his story. He said that he had developed a nervous disorder when he was in the Canadian Army. The nervousness had started for no apparent reason and continued after his discharge from the service.

I asked him how his nerves were after coming to prison. Pierre said terrible. I explained this is very common among prisoners and it was difficult doing time in prison. I told him that I would do everything possible to help him. I recommended that we start progressive relaxation and other procedures to release his nervous tension. Pierre agreed and we started a series of treatment and counselling. Good progress was made and he settled down to be one of the best workers we had at the reformatory.

I discussed the case with the superintendent and said that I would like to work toward an early release. I requested the prison superintendent's support for early release, based on my discovering the cause of the armed robbery. The superintendent gave me full support to go ahead. Pierre had also come to his attention as being an exceptional case.

Eventually Pierre told me how the robbery happened. It all started he said

at a tavern. He was drinking beer one night after work and socializing with his friends. After leaving the tavern, he suddenly found himself struggling to take money from the attendant of a gas bar and knocking the attendant down. Nothing was planned, and there was no motive. The whole thing happened without any control on his part. Pierre himself had only flash recollections of the robbery.

I asked, "Did you drink while in the service?" And he said, "Yes". I asked, "Did you ever do anything violent when you drank?" He said, "No."

Then it came to me, and I asked, "Were you on medication for the nervousness you developed in the service?" Pierre said that he had been on tranquilizers for the past few years. Had he taken the tranquilizers the night of the crime? He said, "Yes, valium." I asked if he knew that a mixture of tranquilizers and alcohol could cause serious consequences to the mind.

Pierre said the doctor had warned him, but he didn't take it seriously, because tranquilizers were harmless. Pierre explained he found out differently when he committed the robbery under their influence. Later in therapy, I found out he had pleaded with the judge, during the trial, that it was the combination of alcohol and tranquilizers that caused him to commit the offense. However, the court wouldn't change the sentence because of the seriousness of the crime.

A few months after I started therapy, I told Pierre that I had discussed his case with the superintendent. The superintendent had agreed if he continued to do well in therapy, and his work at the institution stayed at a high standard, we were going to put forth a recommendation for early release under supervision. Pierre was filled with joy and hope for the first time since his trial — finally some people were listening and were prepared to do something.

During an early interview, I asked

Pierre if he would like to get rid of his nervousness, possibly for good. I explained that I had a hunch something happened when he was in the service to cause his nervous condition. I told him that I believed whatever it was it had been *repressed* or hidden in his subconscious.

I explained to him that the valium was just covering up the problem and keeping it locked in his mind. I suggested I take him back in time with hypnotic regression. Pierre said, "You are the only one who has helped me so far and I trust you, do what you think is best to help me."

Over the next few weeks and months we continued to go back over his life. However, there didn't seem to be anything. During his years in the service he had not been in a battle zone. There just didn't seem to be anything definite, yet my feeling that the answer was near persisted. Was there nothing? Was I wrong?

There had to be an answer. I kept searching.

Finally it came out. In the early 1960's during the Cuban missile crisis, his unit was in Europe on full battle alert, and he started to get edgy along with the other members of his unit. I was still not satisfied that there was enough trauma in this experience to program years of nervousness into his system. I recognized that being on full alert for weeks is stressful, but something was missing.

Then under hypnosis he described a certain day when the men in his section were ordered to report to the swimming pool in full battle gear. They were then ordered into the swimming pool. Pierre was a weak swimmer and because of the heavy equipment he went to the bottom of the pool like a rock. He panicked and started to drown. As he relived this experience, the past trauma programmed in his mind started to de-program and come out. The cause of the nervous en-

ergy block was released through a therapeutic process called abreaction.

After these sessions, Pierre reported that he never felt better in his life. He continued painting the administration building with very special care. The place had never looked so bright and cheerful. Then one day I told him his therapy was completed. As a member of the classification board, I suggested that he might get some good news before too long. However, since it was a board decision, I couldn't say any more at the time.

At the next board he was told that because of his excellent progress, his case had been reviewed. The staff of the institution had made a strong recommendation on his behalf. The judge had agreed to an early release, under supervision.

The next day he came to my office to shake hands and thank me for my help. He said: "I won't be back, sir." I said, "I know you won't." Pierre continued to say more, but his eyes started to fill up and

he had difficulty talking. I said: "I understand. You better get the rest of your painting done, you only have another week or two left."

He turned and left, never to come back to prison. This story is important because it clearly indicates several things.

If the nervous disorder had been treated while he was in the service or after discharge, there wouldn't have been a robbery.

If drugs had not been used, there would not have been a robbery.

From this case it is evident tranquilizers can be very dangerous when used with alcohol. Lives could have been lost and a man's future and family were placed at great risk. Fortunately, the story has a happy ending, but Pierre and his family suffered a lot of hardship during the ordeal.

Because proper therapy was not carried out in the past, *the family and the people of the Province paid a high price during his term in prison.*

8

Drugs — Drugs — Drugs

Drugs bring high profits to all people who are involved in pushing them as a way of life or as a therapeutic answer.

Organized crime and manufacturers of drugs have realized this for a long time. This is why the illegal and legal drug trade has spread like a plague.

Next to nuclear war, drugs are the greatest threat to mankind, equal to poisoning our environment with chemicals. As acid rain kills our forests and lakes, drugs kill people internally.

Mankind is faced with internal and external means of extinction.

Drugs are constantly being projected at us in a tempting environment. Liquor advertisements, cigarette advertisements, cola signs, professional literature, *all present drugs as a desirable quick fix.* A large percentage of our population buy what they are told to buy. On this basis the average family pays out hundreds and even thousands of dollars a year on drugs. Governments and insurance companies pay even more.

Medical doctors rely more and more heavily on drugs to handle the areas they either don't understand or are unable to treat by other means. More and more emphasis is being placed on drug use every year.

We have been driven into the constant search for a miracle drug. At the same time, medical science is acknowledging that over 80% of all human illness today comes from the mind, poor life styles, eating habits, and environmental pollution.

A very large percentage of all physical illness is psychomatic or mind-generated.

This is why hypnosis has been recognized by the British and American medical associations. Like acupuncture, hypnosis has endured the test of time. Hypnosis and acupuncture are natural means of healing. Neither involves drugs or surgery.

These two therapeutic methods, I believe, hold a very high place in *preventive medicine* — the medicine of the future.

Unfortunately today by-pass surgery, like drug addiction, is becoming a household word.

Suicide and *crime* are increasing at an alarming rate. I believe this is true because we have allowed ourselves to be mislead.

Government and private health insurance plans should support therapists active in educational, nutritional and natural therapy, such as counselling,

psychotherapy, acupuncture, and hynotherapy.

We will never have enough good doctors and therapists to go around. We must, therefore, use the ones we have wisely.

People become addicted and poisoned with drugs because they yield to advertising, peer pressure, and poor professional advice. This negative process needs to be stopped!

Ordinary people are questioning the professionals. This is healthy and good. Second opinions are now being sought, an action all but unheard of in the past because physicians were considered infallible.

Not only should individuals seek a second opinion, they should look for alternatives. This is especially important when it comes to the mind drugs and non-prescription drugs.

Drugs have a mass appeal because

they appear to save **time** and produce miracles. People are impatient and seek quick solutions to their problems. Instead they get suckered into drug dependency.

Through their drug purchases, people today contribute large amounts of money to organized crime and drug manufacturers. This leads to more drug consumption.

When the public and government support drug use to such a wide extent, our community and our society itself is placed at great risk.

Our society, as well as individuals, will continue to die from this negative process.

Medical professionals will have to resist the temptation to prescribe drugs so freely. They will need to make more referrals to therapists for non-drug therapy. Medical doctors could help society by recommending support for therapists and counsellors.

By simply writing drug prescriptions, it is possible to see a dozen people in an hour. This can be tempting because it is very lucrative when physicians get so much per head from a Government or private medical insurance plan.

Referrals to therapists and counsellors would be far more desirable and healthy for many patients. The medicare bill and insurance rates are getting too high to allow such abuse to go on. People can no longer pay the price to allow this trend to continue.

Drugs are damaging the health of millions of people today.

The message is clear. Drugs are bringing death and hardship to both individuals and society itself.

9

YOU HAVE SYMPTOMS FOR A REASON

When you don't feel well, your body is sending you a signal, called a symptom. The signal states "all is not well."

You feel tired; your head aches; you can't sleep; your neck, shoulders or back aches; you are nervous or depressed, you are addicted to cigarettes, alcohol, tranquilizers, or pills, you are sick a lot.

These are some of the red lights that indicate to you that all is not well. These are the signals that yell, *you need help.*

Do something about these warnings. Have a medical checkup and search for a therapist if there is no known cause.

FALSE PROPHETS

No, distant angel from the sky,
searching for the reason why,
asking kindly what to do,
living with a message true.

You come in Easter colours,
some white, some pink, some blue,
you have a different flavor,
no 'Jelly Beans' are you.

Dressed in grey and dressed in white,
you look to colour, not to light;
you ease my pain, or so you say,
false Prophets in the land today.

You destroy my symptoms,
my mind and body too,
your colours are deceiving
and inside, so are you.

My symptoms are my message,
sent from God above.
My symptoms are my message,
sent to me with love.

Reject the pills and prophets too,
there's healing power, deep in you.
When it's released, then you will see,
a healing flow will set you free.

May God come forth, from in your heart,
searching for life, so you can start
to walk with freedom in this land,
not on a foreign, sifting sand.

Frank Potts
Easter 1983
Fredericton, N.B.

62

10

DIS-EASE = DISEASE

Alcoholism
Tobacco addiction
Insomnia
Narcotic addiction
Tranquilizer addiction
Obesity
Speech disorders
Tics — such as sudden eye/limb movement
Phobias
Delinquency
Prison
Anorexia Nervosa
Conversion Hysteria
Depression
Schizophrenia
Dermatological disorders
Psychosomatic cardiovascular disorders/
Heart attack
Migraine headache or common headache
Physical pain with no known cause
Failure
Gastrointestinal disorders
Ulcers

Colitis
Asthma
Allergies
Arthritis
Consistent diarrhea
Constipation
Gallbladder Dysfunction
Obsessions — compulsive disorders such as:
Gambling addition
Rituals — such as constant hand washing
Sexual problems
Unhappiness
Tiredness
Lack of energy

Human beings suffer from fear, hostility, guilt and rejection from the past which causes physical and mental illness in the present. Nobody escapes these emotional scars completely and we all suffer until we deal with these hurts.

For it is the hurts and losses of the past that cause most of the diseases of the present.

Present stress only adds to the **stress of the past** and causes us to become even more ill. If we de-program these emo-

tional and physical stresses from the mind and body, we will get better. If we don't, we will get worse.

Miracle drugs are not the answer to this human dilemma. Man needs guidance, acceptance, support and love, not material things or drugs, to be truly well and happy.

Your disease most likely originated from areas such as:

1. *An authoritive or rejecting parent who made you feel fearful or unloved.*
2. *By people around you who lacked compassion and respect for you.*
3. *People or organizations that made you feel guilty, not loved.*
4. *Organizations that lacked or failed to practice a philosophy of human rights and dignity for its employees.*
5. *Contact with professionals who did not know how to heal your mind and body.*

As the quality of fellowship is critical to your good health, so is the quality of treatment critical to your recovery and cure.

God put people on earth to:

1. **Love themselves so they can love others.**
2. **Help our fellow man as well as ourselves.**
3. **Grow, develop and create to our full potential in His name.**

We are not put on earth to suffer. Only the evil spirit wants disease and destruction. Negative attitudes prevail throughout our systems; in our homes, schools, churches, hospitals and society in general. Yes, evil is with us and we are at war. Who do you want to win?

11

QUESTIONS AND ANSWERS

Question: *How do I know I need counselling or therapy?*

Answer: As mentioned earlier, everybody needs or could benefit from the experience. There are many reasons for this. Some of these are:

1. Everybody has experienced trauma during his lifetime. This may occur from birth onward. Verbal and physical abuse programs deeply in the mind and body of children and adults.
2. Our mind is constantly being bombarded at a subconscious level by mass media, especially television and radio. Because of voice and visual imprint,

people become subliminally programed and eventually lose a large percentage of their awareness of reality. Adults and children suffer from this negative input that involves a lot of violence. Negative mind input kills, not guns or knives.

BASED ON NEGATIVE MESSAGES, WE BEGIN A COLLECTION OF MATERIAL THINGS, BECOME USERS AND MORE VIOLENT AS A CIVILIZATION.

Our potential for human growth and development is retarded by this negative process.

If you get in touch with your mind and body, you can tell when you need help. Nervousness, confusion, unhappiness are general indications. More specific indicators are:

1. Frequent tiredness
2. Headaches
3. Neck, back or shoulder pain

4. Feel a need to talk to someone in confidence
5. Dependence on drugs such as:
   1. Tranquilizers
   b. Caffeine — in the form of coffee, tea, coke, chocolate
   c. Tobacco
   d. Alcohol
   e. Street or non-prescription drugs.
6. Unable to establish satisfactory relationships
7. Unable to have good sex
8. Suffer from phobias
9. *Suffer from a lot of physical illness.*

Question: Who comes for treatment and counselling?

Answer: People who are encountering the symptoms mentioned above, as well as other difficulties. I have worked, for example, with university professors, university students, high school students, teachers, civil servants, clerks, secre-

taries, businessmen, nurses and homemakers.

Question: *How long does therapy take?* I have heard of people being in analysis for years.

Answer: People come into therapy for different reasons. Some come for intellectual stimulation, others for consciousness-raising and personal growth. Many people of means continue in therapy because they enjoy the experience, and have the money to do what they enjoy.

Treatment for specific conditions, in my experience, takes an average of three to nine months of weekly sessions.

More complex cases may take a few years and require the support of a physician who would prescribe medication, if required. This should be done in cooperation with the therapist. In such cases the therapist and medical doctor work as a team.

Question: *How expensive is therapy?*

Answer: Anything that can heal your mind and body, make you happier and healthier is relatively cheap. Fees in Canada usually run from 20 to 60 dollars an hour; in the United States fees have higher maximum limits.

Question: *How long is a session?*

Answer: Therapists usually run on a 30-45 minute hour, double sessions last from an hour to an hour and a half.

Question: *How often are sessions held?*

Answer: My personal preference is once a week for a single or double session, depending on the requirements of the person seeking help. Persons coming from out of the province may wish daily visits.

Question: *Can therapy have a positive effect on your body as well as your mind?*

Answer: It is constantly being proven that in excess of 80% of all illness could be

prevented or cured through good nutrition, diet, proper exercise and the right counselling and therapy. When we eventually take more positive action in this direction, we will have less human suffering, save millions of dollars on health care, and become healthier and happier people.

Most of our illness today comes from a poor life style and unresolved physical and psychological pain.

Question: *The only contact I had with hypnosis was in a public show. I do not believe one person should control the mind of another. Is this going to happen to me if hypnotherapy is used?*

Answer: No. A good therapist guides the client into a state of peaceful relaxation so he/she can remember and talk about inner emotional pain and hurt — hurt which is buried in his subconscious mind. At no time is the client under the control of the mind of a good therapist.

12

Laura

Hello: My name is Laura and I would like to share some thoughts with you.

At one point in my life, I spent six years in an Ashram in South India. At that time I was helped greatly by a **wise** man from the East, through his messages and counsel. During that time I also learned meditation in the cool of the day (sunrise and sunset) sitting under a Palmyra tree in the wildlerness.

During the past months I have been going for hypnotherapy with a therapist by the name of Frank Potts. I find this experience similar to the deep meditation I learned in the wilderness. The *peaceful, natural experience* was the

same; the difference — now I had a **guide** to take me through the barriers and over the rough spots in my past. As I re-lived emotionally painful periods in my life, I experienced inner healing for my hurts.

I believe there is hope and healing for all who seek it and for those who find the right therapist for them. They will find in that person someone with whom they dare to be themselves.

I read in the Moffatt Bible, 'He that grows wise is a friend to himself' (Proverbs 19:8).

Do we not owe it to ourselves to find inner healing and be made whole?

In closing I would like to share with you a poem I wrote about Frank after being for therapy... and about my experience while in therapy.

74

FREEDOM

The cry that I uttered
seemed, oh so in vain!
I wish I could live it
all over again. . .

As out from my wounds
came the unseen tears,
that flowed over my heart
and on through the years.

My strength has been zapped
and my energies go . . .
To live with the hurt
that is buried so low.

But seems I, myself,
cannot explain why
I feel strength turn to
weakness, as inward I cry.

But, who is this man
who walks into my life
and in quiet tones
says "All is not right."

"I sense you have blocks
in your system and so
it is stopping the strength
of your creative flow."

But I struggle and struggle
because people before
have walked by me, standing
alone on the floor.

And although they have said
'a helper am I,'
they left me alone
in the shadows to cry.

And it's better to cry
alone and apart,
than to feel untouched
when you expose your heart.

Yet the years have gone by
and by like a stream,
and buried within is
my hope and my dream.

And the courage it comes
from somewhere in the night;
that for me to get help
from this person is right.

I talk and I share
as the weeks come and go,
but the depth of my wound
is still buried below.

But after I told him
all I can find,
I know something's left
in the subconscious mind.

I regress to my childhood
in simplicity.
I swing once again
'neath the old apple tree.

I enter a path
still buried below,
and on to the hurt
of the past days I go . .

But now an inner healing
I find,
as memory comes from
the years left behind.

And I live again
as a child in the sun,
And to hurts on the path
once more do I come.

But now as I feel my
fears and my pain,
I see that I sink not
beneath them in vain.

For a voice and a friend
are walking with me,
and his strength and his words
from my pain set me free.

I cry as a child
but no longer alone,
For someone is with me
in field and in home.

And he says very gentle
"I understand why."
And love is a healing force
that is nigh.

So I swing in the blue
of the beautiful air,
and I find there the joy
of youth which I share.

In moments of memory
with my dog in the sun,
and out from a wound
of the past I have come.

I open my eyes
and I am still me,
no longer a child
'neath the old apple tree.

But inside, the inner child
of the past
has been healed of a wound,
and feels free at last

To walk and to fly,
to create and to sing,
for the therapist
healed my past of its sting.

And now as I write and
create and be me,
I feel healed of a wound,
and so I AM FREE!

Laura

78

THE BOY IN THE MAN

I saw a little boy in you
with big brown eyes sincere and true,
a boy who felt the winds of fall,
and heard the distant water-falls.

A boy who leaned against a tree
the distant fields of life to see,
and felt the pulse of human pain,
the efforts to be free in vain.
The prisoner in so many ways,
misunderstood within his days.

The boy within the man I found,
was standing tall upon the ground.
He faced the things he sensed was wrong,
the silence of the free heart's song,
and as he turned to go his way,
misunderstanding touched his day.

But he will find the path where he,
can be himself and set minds free.

And as the child goes out to play
and climbs the hills of yesterday,
the hidden stones he'll move away,
and cause the breeze of life to play,
with gentle touches on the heart,
as shadows from the mind depart.

For, in the courage of the man,
I see the boy, who understands.

Laura
March 30/83

13

VERSE — POEM — SAYING

by Frank Potts
Fredericton, New Brunswick
Canada 1983

Good Health

The greatest crime
you could commit
is not take time
to get fit

The Key

Why, Oh Why,
can't you see,
a gifted therapist
is the key?

Your ailing body,
your broken heart,
only he can find
the part.

The part is hidden
deep in you.
He has the wisdom,
to see it through.

SAYING

Something based on dogma,
is never based on wisdom

81

REPLY CARD (PLEASE PRINT)

My name is:_____

Street:_____

City/Province:_____

Postal Code_____

Years at present address_____

Telephone: Area Code_____

Date:_____

I heard of this book through:_____

I liked the following things about the book.

1._____

2._____

3._____

4._____

I would suggest the following changes in a revision.

1._____

2._____

3._____

4._____

Correspondence to:
SEAL Publications Ltd.
P.O. Box 3330 Station "B"
Fredericton, New Brunswick
Canada
E3A 5H1

83

Psychotherapy and counselling without drugs have the potential to cure somewhere between 50 to 100% of all physical and mental health problems. The right therapist knows how to release the God-given healing creative force which is inside every human being. When positive healing forces are released within you, you will become happy, healthy and successful. Gifted therapists are born not produced by a system of University degrees and titles.

Today's systems are destroying the minds and bodies of people. The majority of people in todays society are trapped in a destructive cycle. This book shows us how to:

1. Search out and find a gifted therapist.
2. Avoid today's drug trap.
3. Avoid professionals who are not gifted and cause problems.
4. Find a path to a happy, healthy and successful life, free of physical and psychological pain.

This book gives you clues as to why:

1. There is increased dependency on drugs today.
2. Hospitals are crowded, medical costs are soaring, and the prisons are full.
3. The increase in suicide.
4. The increase in death by cancer and heart attack.
5. Productivity is down and the economy goes into cycles of depression.
6. If we stay on our present course, individuals, society and the earth itself will be destroyed.

Our greatest resource is our human resource. Human development must always come before economic development or the end result will be failure. Maximum development of human potential leads to creation of a happy, healthy people and a better society.

ISBN 0-920113-00-1